OBAMA: WAGE HIKE TO COME

STATE OF THE UNION OUTLINES PLANS. PAGE 05

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Repurposed. After the abrupt closure of 3rd Ward last fall, former tenant Impact Hub is using the building to gather Philadelphia's up-and-coming change-makers. **'Exploration adventure.'** Impact Hub's guide said the space is perfect for local entrepreneurs to meet up and share ideas. PAGE 02

A direct IMPACT

Polar vortex is helping contain an oil spill PAGE 03

Directing is a 'Labor' of love for Reitman PAGE 10

A Great Big World gets a great big break PAGE 11

See your living space in a whole new light PAGE 13

Do fitness trackers go the distance? PAGE 16

Place a 'Super' bet with our guide PAGE 18

Founder Jeff Shiau gets some work done at Impact Hub in Northern Liberties. / CHARLES MOSTOLLER, METRO

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NEWS

In charge

Metro US names new editor-in-chief

A face you have been familiar with for 10 years in the pages of Metro is now your new editor-in-chief. "The official move of Dorothy Robinson to the helm of Metro has been a long time coming," Yggers Mortensen, Metro US publisher and CEO, said. "She has been an absolute rock star in the wake of the late and much missed Tony Metcalf." Metcalf, Metro's editor-in-chief for more than five years, passed away in July of 2013. "I look forward to watching Dorothy's contribution to the company in her new leadership position," Mortensen added.

Impact Hub Philly: Calling all innovators

Promoting change. An innovative group based in the former 3rd Ward building is seeking socially minded Philadelphians.

People take advantage of the collaborative work environment at Impact Hub in Northern Liberties. / CHARLES MOSTOLLER, METRO

Inside a former industrial warehouse just north of Girard Avenue, a new group known as Impact Hub Philadelphia is collecting an ambitious group of change-makers and civically engaged groups interested in building a better world.

"The only way Impact Hub works is to really find out what people care about here and then help them accomplish it," said Jeff Shiau, 27, who described himself as the Sherpa or guide of Impact Hub Philadelphia. "If you're working on something that you believe is amazing — that is going to change Philly — this will be your hub."

Impact Hub Philadelphia officially opens on Feb. 13. Shiau described the opening party as a "three-story exploration adventure" showing the member organizations who are already involved.

Impact Hub isn't just looking for anyone with a laptop and a website, but seeking members who are connected to the community.

Among the local groups working with Impact Hub Philadelphia is FastFWD, a collaboration between Wharton Social Impact Initiative, Mayor Michael Nutter's Office of New Urban Mechanics and GoodCompany Group.

FastFWD received a $1 million grant from Bloomberg Philanthropies and is currently sorting through entrepreneurs' proposals related to increasing public safety. As an "accelerator," the proposals that FastFWD selects will be pre-qualifed as pilot programs for the city to take on. All funding comes from the grant.

"Cities nationally are spending $152 billion annually on public safety. It's a huge market and there aren't too many solutions being proposed by entrepreneurs," said Catherine Griffin, a program manager at GoodCompany Ventures.

Ironically, Impact Hub Philadelphia is headquartered in the former home of 3rd Ward, a membership-based co-working creative space that closed in October.

Impact Hub, formerly a 3rd Ward tenant, was able to take over the building. Having the larger space changed the scope of Impact Hub Philly, Shiau said.

"We went from 7 [square feet] to 9,000 square feet to 27,000 square feet overnight," Shiau said. "Suddenly, you have this amazing opportunity."

SAM NEWHOUSE
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Definition

What the heck is Impact Hub?

Impact Hub Philadelphia, a membership-based community and co-working space, is one of the newest additions to a global family of 45 different Impact Hubs across six continents.

First founded in London in 2005, Impact Hub's first North American locations were in Berkeley and San Francisco.

Now, in addition to the Philadelphia hub, Boston has one, D.C. is in the making and New York was just announced.

Impact Hub members can utilize the space for work or meetings.

Quoted

"Philadelphia most likely is going to be the leader of the renaissance of the entire Northeast corridor. This is the next renaissance city. ... You have to truly know and breathe the DNA of the city."

Shiau

Fumble. Two nabbed in NY for selling fake Super Bowl tickets

A Philadelphia man has been charged with 79 counts of second-degree forgery after the Queens County District Attorney's office nabbed him and another man in a counterfeit Super Bowl ticket scheme.

Eugene Fladger, 32, of East Mount Airy, along with 43-year-old Damon Daniels of Queens and the Bronx, were allegedly trying to sell tickets to Sunday's big game at MetLife Stadium.

Authorities said the forged tickets had a misprint on the back and the tickets were cut improperly. If convicted, they could each face up to seven years in prison. METRO

Next step

State Rep. Miranda turns himself in

State Rep. J.P. Miranda and sister Michelle Wilson turned themselves in at District Attorney Seth William's office at 10 a.m. Tuesday morning as expected.

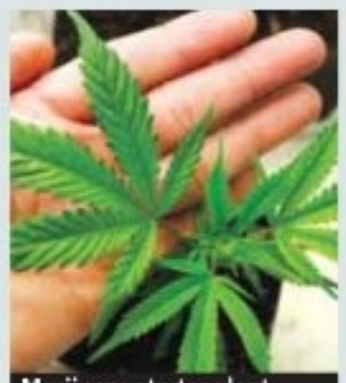
The two were hit with political corruption charges on Monday. METRO

Forward

Pa. medical marijuana bill still moving

A bill co-sponsored by Sen. Daylin Leach (D-Montgomery/Delaware) that would legalize medical marijuana gained more support in the Senate Law and Justice Committee on Tuesday.

This bill is the first medical marijuana bill introduced in Senate history that was drafted with bipartisan support. METRO



Marijuana starter plant
FILE PHOTO

Cold weather aiding oil spill cleanup efforts

It also hurt it. The freezing temperatures also might have contributed to the broken pipe.

A department of environmental protection spokeswoman on Tuesday said the cold weather and wind is actually helping emergency responders clean up the 1,000 gallons of crude oil that spilled into the Delaware River on Monday.

The spill, at the Monroe Energy refinery in Trainer, Delaware County, happened when a small pipe that was attached to a larger one containing oil broke. There was no active off-loading of crude oil at the time of the spill, DEP spokeswoman Deborah Fries said, as was earlier reported.

Crews are actively containing the spill and fortunately, the cold weather is helping.

"The wind was pushing the product toward the shore," Fries said. "The crude oil has an even higher viscosity in the cold so it's easier to collect."

The conditions are clear as well, meaning no oil spread because of precipitation.

Impact

Fries said on Tuesday that the majority of the oil has been cleaned up.

- "As far as long-term impacts," she added, "we didn't see any adverse impacts on aquatic life."
- Monroe spokesman Adam Gattuso said the group is investigating and that cold weather may have been a factor in the pipe break.

CHRISTINA PACIOLLA
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It's all uphill from here

Rory Coughlin installs new climbing routes at the indoor climbing gym Go Vertical in Fishtown. Go Vertical has routes for all skill levels, and changes all of their routes every three months. / CHARLES MOSTOLLER, METRO

Appeal

DA asks high court to re-convict Msgr. Lynn

District Attorney Seth Williams filed an appeal to the Supreme Court asking it to reinstate Msgr. William Lynn's child endangerment conviction.

Lynn, 62, was released Dec. 26 after an appeals panel ruled those charges did not apply. The appeals papers argue legally that child endangerment statutes should not have been read as a "strict construction."

Lynn was convicted for assigning a priest who had molested a child to a new parish where he molested again. He's currently out on bail. METRO

eCLIPSE

New L&I database to launch today

Mayor Michael Nutter on Wednesday, with other city officials including Commissioner Carlton Williams of the Department of Licenses and Inspections, will launch a new L&I database.

The system is called eCLIPSE: Electronic Commercial Licensing, Inspection and Permit Services Enterprise.

The unveiling will be at City Hall at 12:30 p.m. METRO

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Caught by IRS. Tax preparer gets year in prison for fraud

Federal prosecutors announced that Shawn Sisco, 49, was sentenced to 12 months and a day in prison for cheating on tax returns to save her customers money, and must pay $12,800 in fines.

Sisco defrauded the federal government of $163,000 while running the Overbrook-based Sisco Accounting tax preparation business.

Sisco faked large charitable contributions on her clients returns to earn them larger deductions, for example, claiming that one client had donated $15,000 to charity. She also listed bogus expense deductions for medical and mortgage bills. Her clients were unaware of these false filings, prosecutors said.

Sisco prepared between 250 and 300 federal income tax returns annually, and charged a fee of between $150 and $250 per customer.

SAM NEWHOUSE

Protest

'Die-in' at EPA set for today

The local Sierra Club chapter will hold a "die-in" Wednesday in front of the Environmental Protection Agency's Philadelphia office to demand action on coal mining pollution in West Virginia.

Signatures will be delivered to the EPA's office at 17th and Arch streets at noon demanding they act on the Clean Water Act. METRO

Taxi drivers urged to apply for Obamacare

Health. The Taxi Workers Alliance seeks to get half of their 5,000 drivers insured by March.

Health care navigator Taqiyya Orr helps taxi driver Paramjit Singh enroll himself and his family. / CHARLES MOSTOLLER, METRO

On Tuesday, as part of a push to get more drivers enrolled in the Affordable Care Act, the Taxi Workers Alliance of Pennsylvania held an official training and sign-up session.

"We're working with a demographic that is 90 percent first-generation immigrants," said Ronald Blount, director of the Taxi Workers Alliance. "Eighty-five percent of the taxi drivers don't have insurance."

The job comes with its share of health hazards, and many drivers can't afford to get health care for issues such as diabetes or high cholesterol, much less a serious accident.

Quoted

"I've known drivers to get their legs crushed between two vehicles. The very next day they're back driving a cab with a cast on."

Blount

That's why he's urging drivers to take a look at Obamacare applications, which he said many of them have avoided due to questions over their immigrant status. Non-U.S. citizens who are legal immigrants can enroll.

"Taxi drivers make around $5 an hour. It's definitely working poor," Blount said. "When you're looking at policies for health insurance that cost $400 to $800 a month, these drivers can't afford it. This is an opportunity for them to get coverage."

The Taxi Workers Alliance has been interested in Obamacare for months Blount said, but now it's particularly urgent as open enrollment ends March 31.

After that, the uninsured will be required to pay an additional federal tax and won't be able to enroll again until Oct. 1.

Enroll America PA member Paydon Miller was at the taxi drivers' event and said many working class people don't realize they're eligible for financial assistance with their health care bill.

SAM NEWHOUSE
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Speech. Obama talks minimum wage hike, immigration reform

In his State of the Union address Tuesday night, President Barack Obama laid out his strategy for getting around a divided Congress, starting with a wage hike for federal contract workers.

Obama's speech made it clear that he is willing to bypass U.S. lawmakers and go it alone in some areas by announcing a series of executive actions aimed at boosting the middle class, many that do not require congressional approval.

Obama told Congress he is eager to work with lawmakers, "but America does not stand still — and neither will I."

"So wherever and whenever I can take steps without legislation to expand opportunity for more American families, that's what I'm going to do," he said.

He also called on Congress to pass a bill to increase the federal minimum wage for all workers to $10.10 an hour from $7.25 and index that to inflation.

Obama said he is offering a set of "concrete, practical proposals" to speed up economic growth and strengthen the middle class, which he said has lost jobs because of shifts in technology and global competition.

President Obama / GETTY IMAGES

"Today, after four years of economic growth, corporate profits and stock prices have rarely been higher, and those at the top have never done better. But average wages have barely budged. Inequality has deepened. Upward mobility has stalled," Obama said. "The cold, hard fact is that even in the midst of recovery, too many Americans are working more than ever just to get by — let alone get ahead. And too many still aren't working at all."

Obama renewed his appeal for a long-stalled overhaul of U.S. immigration policy that has been stymied by congressional Republicans. He also used the speech to promote his signature health care law, four months after its disastrous initial rollout.

REUTERS

This report was made as of press time. For the full story, visit Metro.us.

Minimum wage

$10.10

Obama announced that he is issuing an executive order to raise the minimum wage to $10.10 an hour for federal contract workers with new contracts.

Speaker Boehner

GOP leaders to outline immigration framework

House Republican leaders will outline their principles for immigration reform at a party meeting this week, House Speaker John Boehner said on Tuesday.

Immigration reform advocates, who saw their hopes dashed in 2013 for major legislation, have been waiting for the House Republican leadership to take such a step.

Boehner did not give any details of the principles, nor did he promise specific legislative action in the near term.

"We're going to outline our standards, principles of immigration reform and have a conversation with members," Boehner told a news conference after a party meeting near the U.S. Capitol.

Quoted

"Once we talk to our members, we'll have more to say about how we move forward." Boehner

Boehner told his rank-and-file party members earlier this month that the party leaders were getting ready to lay out a framework for immigration reform.

President Obama cruised to re-election with the support of more than 70 percent of Hispanic voters, who have been clamoring for immigration reform. REUTERS

Kitchen knife attack

17-year-old shot, taken into custody at Honolulu high school

A 17-year-old boy was shot in the wrist at a Honolulu high school on Tuesday morning in an incident local media reported had involved police who were trying to apprehend him.

Officials confirmed that a shooting had taken place and that the teen had been taken into custody, but could not immediately confirm reports that officers had been involved in the shooting and that the teen was a runaway.

"I can confirm that there has been a shooting on campus," said Shayne Enright, a spokeswoman for Honolulu's Emergency Medical Services Division.

"A 17-year-old male has been transported to a trauma center in serious condition with a gunshot wound to the right wrist," Enright said. She said no other victims were transported to hospitals following the incident.

REUTERS

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The big freeze-y. Rare winter storm brings ice and snow to South

A rare blast of snow, sleet and ice hit the U.S. South on Tuesday, prompting schools to close, airlines to cancel flights and emergency officials to warn of icy roads.

The winter storm could extend from southern Louisiana and the Gulf Coast into northern Florida and through the Carolinas, the weather service said.

Forecasters were predicting 1 to 2 inches of snow in parts of middle and north Georgia including the Atlanta area, prompting dozens of school closings.

In New Orleans, schools were closed and jury selection in the corruption trial of a former mayor was suspended due to the cold weather. REUTERS

Florida

Man who tricked girlfriend to take abortion pill gets 13 years

A Florida man who admitted to tricking his pregnant girlfriend into taking pills known to cause abortion has been ordered to serve more than 13 years in federal prison and to pay her about $28,500 in restitution.

John Andrew Welden, 29, was sentenced on Monday after pleading guilty in September to charges of tampering with a consumer product resulting in bodily injury and conspiracy to commit mail fraud. REUTERS

Google Glass gets image makeover, launch nears

A Google spokeswoman said there were financial terms to the partnership with VSP, but declined to provide details. / GETTY IMAGES

Accessorize. Many believe wearable computers represent the next big shift in technology.

Google Inc. has unveiled a set of fashionable prescription frames and shades for its Glass Internet-connected eyewear in an image makeover to give it broader appeal before a mass launch in the United States later this year.

Google also announced a deal with Vision Service Plan, the largest U.S. optical health insurance provider, that will allow consumers to get prescription lenses specially fitted to the device.

A stamp-sized electronic screen mounted on the side of a pair of eyeglass frames, Google Glass can record video, access email, provide turn-by-turn driving directions and retrieve info from the Web by connecting wirelessly to a user's cell phone.

The version of Glass available until now was mounted on a titanium band that rested on the bridge of the wearer's nose, resembling a pair of glasses without lenses and inspiring a bit of ridicule — from a parody on "Saturday Night Live" to a popular blog poking fun at its users. REUTERS

Price

$225

Google's website on Monday showed off a new selection of four different frames, in styles including Bold and Curve, available for $225 each, and a couple of different sunglass shades for $150 each.

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Cattle combustion. Flatulent cows start fire at German farm

Methane gas from 90 flatulent cows exploded in a German farm shed on Monday, damaging the roof and injuring one of the animals, police said.

High levels of the gas had built up in the structure in the central German town of Rasdorf, then "a static electric charge caused the gas to explode with flashes of flames," the force said in a statement.

One cow was treated for burns, a police spokesman added. REUTERS

"It wasn't me." / GETTY IMAGES

Violent protest

Ukraine PM resigns, anti-protest laws revoked

Ukrainian Prime Minister Mykola Azarov resigned on Tuesday while deputies loyal to President Viktor Yanukovich, acting to calm violent street protests, back-tracked and overturned anti-protest laws they rammed through parliament 12 days ago.

The first real concessions by Yanukovich since the crisis erupted two months ago brought cheers from several thousand demonstrators on Kiev's Independence Square, the focal point of the protests. REUTERS

Activists mourn

India's Supreme Court stands firm on gay-sex ban

India's Supreme Court has refused to review a month-old ruling that banned gay sex in the world's largest democracy, standing firm on a decision that outraged the ruling party and human rights activists around the world.

The government and seven human rights groups had filed petitions asking the court to review its decision, in the hope it would be overturned.

"The Supreme Court has turned a cold shoulder to these groups and their suffering," said Arvind Narrain, one of the lawyers who brought the rights' groups petitions.

"The court had an opportunity to correct itself today. This is a court that is meant to be for all human beings." REUTERS

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2 CULTURE

Twitter feed

Today, Bruce Springsteen, Bill Clinton, Michael McKean and Roseanne Cash are remembering folk singer and activist Pete Seeger.

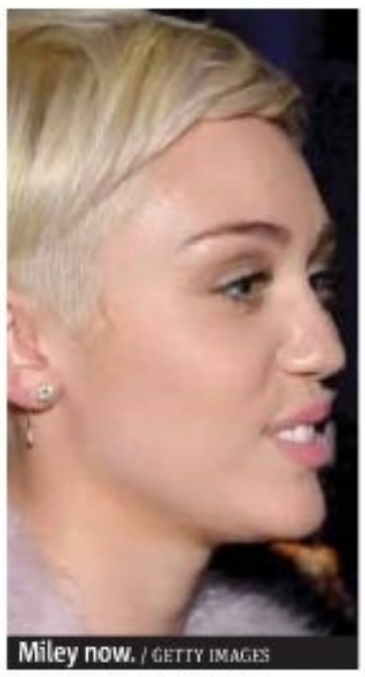
@BruceSpringsteen: To honor Pete Seeger, revisit his 1955 testimony before the House Unamerican Activities Committee.

@BillClinton: Pete Seeger's great heart was matched only by his commitment to social justice. My thoughts and prayers are with his family and friends.

@MJMcKean: One of the greatest concerts I ever saw was a 1968 Pete Seeger & Nina Simone CORE rally. A lot of anger, a lot of love...

@rosannecash: 'This machine surrounds hate and forces it to surrender.' Words to live by. #PeteSeeger

Is Madonna going to perform with Cyrus?



Miley now. / GETTY IMAGES

Madonna in 1987 / GETTY IMAGES

I've been saying for some time now that the reason for Miley Cyrus' aggressive sexuality and sexy space alien look is that she's trying to be our generation's Madonna. However, I never expected that this would endear her to the original Madonna, who has shown no inclination to pass the torch of Madonna-ing. It's possible, though, that I was wrong about that: The two are apparently planning a peformance together.

Miley is working on an acoustic set for MTV's "Unplugged." It seems like a good move for the "Bangerz" star: She's got the fame, now she needs the cred that comes from a vocal-driven, stripped-down set with no midgets to spank or foam fingers to hump. And speaking of cred — according to E! Online, rumor has it that the Material Girl herself will stop by to perform with Miley.

The two were reportedly spotted rehearsing together, but MTV hasn't confirmed Madonna's appearance. "The performance will showcase a more intimate side of Cyrus and feature surprise guests for an unexpected reinvention of the songs that have defined her career, including several from her No. 1 critically acclaimed album, 'Bangerz,'" MTV said in a press release.

What do you think they'll sing? I feel like Miley could do a mean "Material Girl."

MELINDA TAUB

See more at www.metro.us

Talking points

No more nudity for Benson

Ashley Benson did some fairly revealing work in "Spring Breakers" last year, but don't expect to see much more of the "Pretty Little Liars" star on-screen. "I never want to do nudity that's gratuitous. Girls look so much better in lingerie or a T-shirt and leave the rest up to the imagination," she tells Cosmopolitan magazine. "I make it clear that I have a line."

Law victim of loose lips

Jude Law learned during the ongoing News of the World phone-hacking scandal that information about him and ex-fiancee Sienna Miller had been provided by a family member — who was paid for the dirt, according to the Guardian. Law confirmed in court that a 2005 story about Miller cheating on him with Daniel Craig was completely true.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

GETTY IMAGES

Oprah turns the big 6-0

"And YOU get an AARP card, and YOU get an AARP card, and YOU and YOU!" We normally don't devote a lot of editorial space to celebrity birthdays but this is a biggie: Oprah Winfrey turns 60 today. This shot from 1978 is from her time hosting the television show "People Are Talking."

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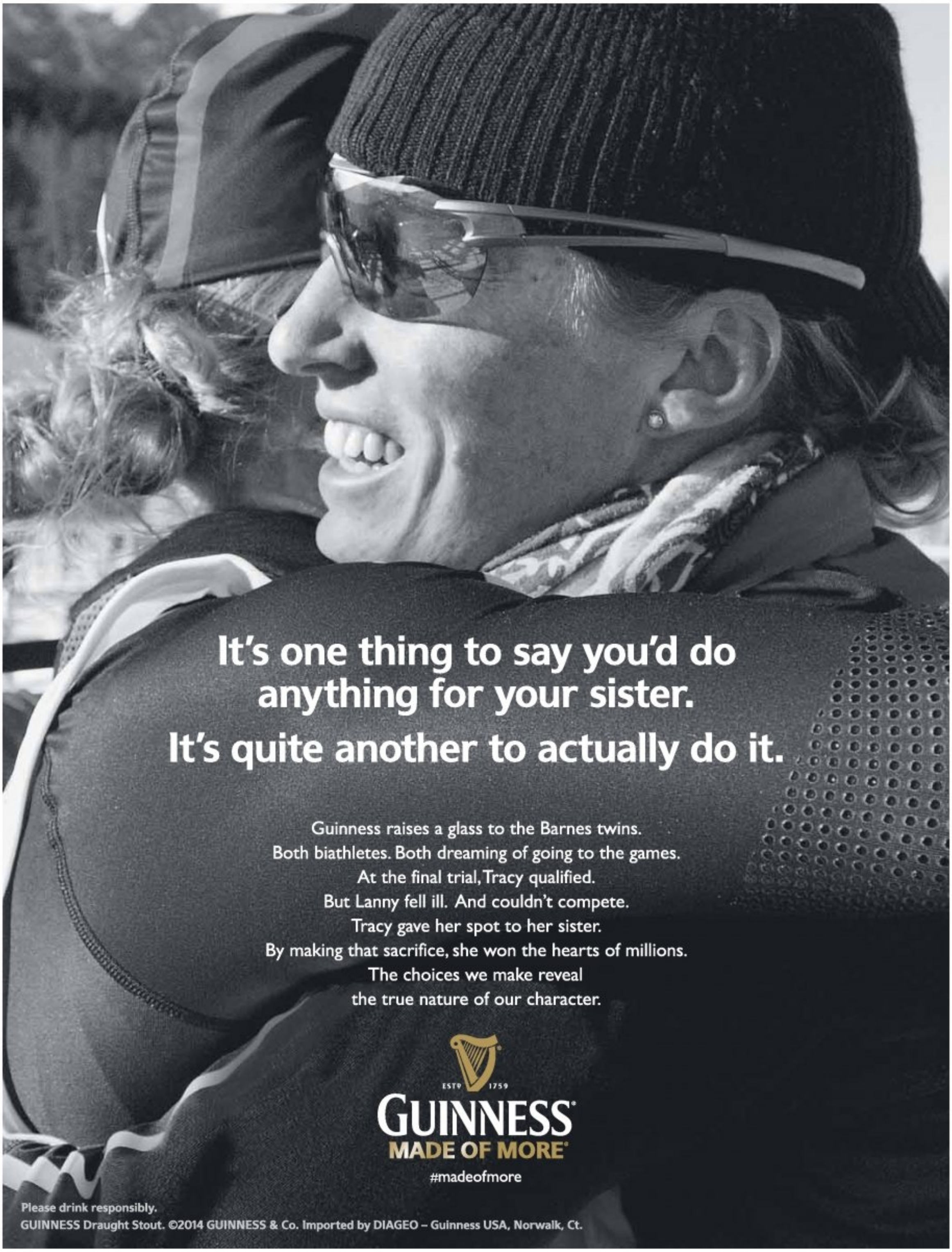
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Jason Reitman's fifth film is the lit adaptation "Labor Day."
GETTY IMAGES

JASON REITMAN

The "Labor Day" director blames his success on his leading actresses.

IN GOOD COMPANY

In addition to working with Diablo Cody on "Juno" and "Young Adult," Jason Reitman has directed the novels of Christopher Buckley ("Thank You for Smoking") and Walter Kirn ("Up in the Air"). For "Labor Day," he took on Joyce Maynard's book about an escaped convict (Josh Brolin) who takes a single mother (Kate Winslet) hostage over a long holiday weekend. To hear Reitman tell it, his success as a director is all thanks to his leading ladies.

How did you approach adapting the novel?
The narrative follows the book so carefully. I was trying to recreate how the book made me feel. The book is told so beautifully, it's so emotional, and I had such an immediate reaction to it that I wanted to create a cinematic experience that mirrored the book. I wanted to tell a story all the way to the end and leave people with a sense of romance. You can't always punch people in the ribs. Not every time.

You're developing quite a track record of working with actresses.
Frankly, I've just been very lucky, you know? To have worked with Maria Bello, Ellen Page, Vera Farmiga, Anna Kendrick, Charlize Theron and now Kate Winslet? I mean, it's an unreal group. I'm lucky that they've chosen to work with me. It's wonderful. It makes me look better than I am. That's the truth. In their hands, it makes me look like a decent director.

You could try to go out and make a movie...
With the worst actors possible? Given the option of working with brilliant people... yeah, I'll continue to do that. I find that I know when they're right when it just seems honest and real. When I'm watching an audition, whether it's for a lead or the tiniest part, do they make the words seem honest? It's not if it's funny, it's not if it's dramatic, it's not if it's moving. It's just, does my bulls— detector go off?

Casting challenge

Was that honesty there with your young star, Gattlin Griffith?
We looked at a lot of young men, and he came in and it was just instantaneous. It's those eyes. The whole movie is his point of view looking at the world — watching this man, watching his mother, trying to figure out what they're doing, trying to figure out his own sexuality. He could do everything without talking, and that's what I needed.

And you found a remarkably accurate look-alike for young Josh Brolin for the flashbacks.
Tom Lipinski looks exactly like Josh Brolin. My girlfriend at the time said, "When he heard you were casting this movie, he must have shot in his pants." [Laughs] Use that in your paper.

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A Great Big breakthrough

Singing with superstars and performing with supermodels are just two of many mind-blowing hookups Ian Axel and Chad Vaccarino experienced last year. The piano pop duo, known as A Great Big World, performed on "The Voice," at the American Music Awards and the famed Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking them if she could sing on their song "Say Something," that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says. "I knew what this meant; I knew our lives were changed forever."

A Great Big World play a show tonight at World Cafe Live, 3025 Walnut St. Visit www.worldcafelive.com for more information. LINDA LABAN

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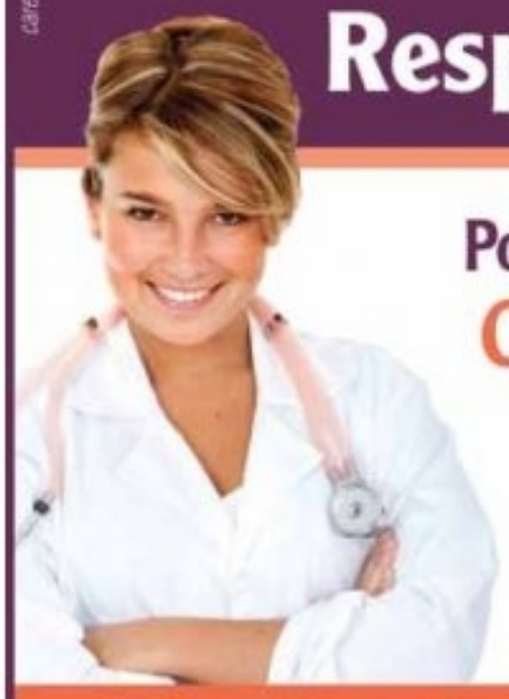

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Economy

Rising prices

Single-family home prices rose slightly more than expected in November, while their increase from a year ago was the biggest in almost eight years.

The S&P/Case Shiller composite index of 20 metropolitan areas gained 0.9 percent on a seasonally adjusted basis. A Reuters poll of economists forecast a rise of 0.8 percent.
REUTERS

The future is here

NoLibs no longer in transition?

Zakin has been a Northern Liberties resident for three years, and he's seen the area grow rapidly in popularity as the once "fringe" neighborhoods took on identities of their own. "We pay a lot of attention to this area," he says. "It's one of the greatest up-and-coming areas — well, it already came up. I'm happy to be a part of it."

Laurel Court is close to Liberty Lands Park and the Piazza.

Laurel Court. Architect Shimi Zakin promises no "cookie-cutter designs."

A rendering of Laurel Court gives a sense of Zakin's vision. / ATRIUM DESIGN GROUP

After a year of delays because of zoning and permit snags, ground was recently broken for the Laurel Court townhomes in Northern Liberties. For architect/developer Shimi Zakin, of Atrium Design Group, the wait was worth it.

"I'm happy to know we're holding the right design for the area. We saw a good thing going on in Northern Liberties," says Zakin, who is building the homes on a lot that previously housed an old warehouse.

Laurel Court will comprise six townhomes surrounding a courtyard. Two of the homes will be four stories, with 4,000 square feet and the option of an elevator. The rest are designed with three stories, five bedrooms and 5 ½ baths. The homes will also feature ample windows, providing what Zakin says will be nearly 360-degree views.

Atrium has a varied portfolio, including the distinct styling of South Street and the Gallery's Dr. Denim stores, as well as the residential projects at 2213 Amber St. and 1215 Sansom St.

"We had to bring up the level of design for [Laurel Court]," says Zakin. "We were looking to reinvent ourselves and establish a different type of development for the area. There are better-quality houses going up [in Northern Liberties] and I'm happy to see that. We keep the quality high without being cookie-cutter designs."

So who will be buying five-bedroom homes on Second and Laurel priced from $775,000 to $975,000? Zakin envisions attracting both young professionals with children — with the close proximity to Liberty Lands Park as a draw for families — as well as empty-nesters moving back from the suburbs.

JULIA WEST
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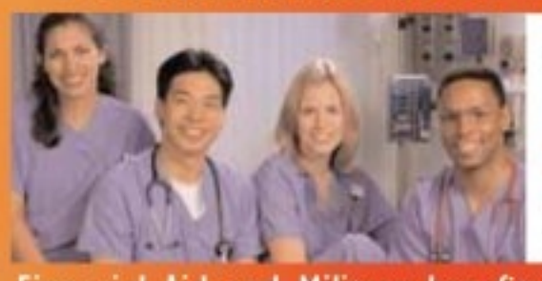
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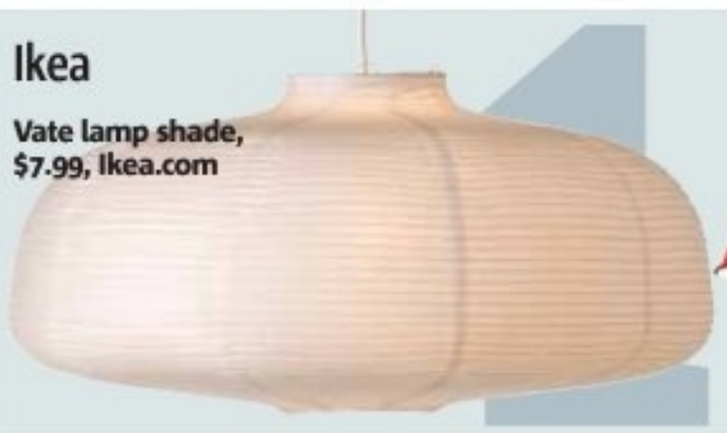
Do you ever have those days when you hate everything about your home, from the slanted floors to those ugly beige bathroom tiles that your landlord hasn't changed since the '70s? Well, dear renters, here's something that you do have control over: light fixtures. Don't settle for the generic, soulless pendants that come with the place. Swapping them out is easy and — along with a coat of paint — can make your home life so much happier.

1

Ikea



Vate lamp shade, $7.99, Ikea.com

2

OneFortyThree

Color pendant lamp, $45 each, OneFortyThree.com

3

Nuvo

Industrial pendant, $40.36, 1000Bulbs.com

4

ABC Home

Pink/smoke icosahedron pendant, $1,500, ABCHome.com

5

Vanersborg

Crystal chandelier, $567.99, Overstock.com

6

Home Decorators Collection

Cage pendant light, $69.97, HomeDepot.com

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Triple-tiered pendant, $64, UrbanOutfitters.com

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A Japanese company has made a bra that deflects loveless sex.
PROVIDED

Weird tech. This bra unclasps only if you are truly in love.

Hey, ladies. Have you ever been unsure about whether or not your feelings for a suitor are genuine? Of course you have! Now there is a "smart bra" that will tell you if you're in love or just bored and somewhat hungry.

Japanese company Ravijour has just unveiled its True Love Bra, which solves this age-old emotional dilemma. Why trust your heart when you can trust a bra with microchips in it? All you have to do is wear said bra, allow someone to get you in your skivvies and then see if it'll open. If your feelings aren't true, the bra won't unclasp. It works by measuring your heart rate and various other minute changes in the body. It's sort of like a chastity belt for bosoms. Technology! There has been no word as to whether the bra will open for a wearer with self-esteem issues. In other words, love yourself!

LAWRENCE BONK

BE A PRO IN YOUR HOME: FORTHCOMING MUSICAL GIZMOS

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The tech world is filled with conferences in which companies show off new gadgets while industry folk get drunk and do things they'd rather forget. E3 is for video games, CES is for consumer electronics and, well, NAMM (The National Association of Musical Merchants), which happened last weekend, is for musical instruments. The highlights of this conference are the doodads and thingamabobs that typify music-making in the 21st century. Here are some upcoming devices that will help take your garage band to the level of, uh, Garageband.

Universal Audio Apollo Twin

Cost: $699-$899

Universal Audio makes what are arguably the best plug-ins in the recordo-verse (new word!) They're notorious resource hogs though, and demand you install a professional grade PCI card or stand-alone processor in order to use them. The company heard your complaints and is finally releasing a lower priced unit designed with the home musician in mind. Now anyone with $700 to spare can have access to its beautiful amp modelers, reverbs and more. However, it must be noted, this device only works with computers equipped with a Thunderbolt port.

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Arturia BeatStep

Release date: March
Cost: $99

The days of owning dozens of different drum machines are over. You can now make any sound you want with your computer using one dedicated MIDI unit. The units themselves keep getting cheaper, as seen in Arturia's forthcoming BeatStep drum sequencer. For 100 bucks you get 16 touch-sensitive drum pads, 16 knobs you can program to do whatever you want, and room for 16 user-designed presets.

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This week in health news

Words and pictures about disease motivate young adult smokers to quit

Location of study: U.S.
Study subjects: Smokers ages 18-30
Results: On cigarette packs, warnings with pictures depicting smoking-related diseases paired with positive messages of how quitting reduces those disease risks motivate more young adults to stop smoking than packs that only feature text about smoking-related health risks, says a report published on Tobacco Control's website. This study, conducted by researchers at Georgetown University's Lombardi Comprehensive Cancer Center, found this true even when variables such as pre-existing attitudes were taken into consideration.
Significance: Researchers advised that countries considering or implementing packaging regulations should consider revising to the picture-text model.

Music therapy helps cancer patients cope better

Location of study: U.S.
Study subjects: 113 cancer patients, ages 11-24, undergoing stem cell transplant treatment
Results: Adolescents and young adults undergoing cancer treatment coped better and had increased resilience when they participated in a therapeutic music process delivered by a board-certified music therapist, says a new study published on the American Cancer Society's CANCER journal's website. The study, funded by the National Institutes of Health and led by Indiana University School of Nursing, found that a music therapy intervention, which included writing song lyrics and producing videos, helped patients positively explore and express thoughts and emotions about their disease and treatment.
Significance: "Adolescents and young adults who are resilient have the ability to rise above their illness, gain a sense of mastery and confidence in how they have dealt with their cancer, and demonstrate a desire to reach out and help others," says study co-author Dr. Joan E. Haase, PhD, RN, FAAN. LINDA CLARKE

Fatty fish oil may prevent fatty liver disease. / ZOONAR

Study

More good news about omega-3s

Location of study: U.S.
Study subjects: Animals
Results: Omega-3 fatty acids may have an even wider range of health benefits than previously thought, according to a joint study between Oregon State University, Metabolon Inc., Vanderbilt University and Baylor College. Researchers found omega-3s may help ward off fatty liver disease, fibrosis, cirrhosis and liver failure.
Significance: "We were shocked to find so many biochemical pathways being affected," says Donald Jump, an OSU professor.

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Fitness trackers, not life hackers

"On those days when I'm on the edge of, 'Do I work out or don't I work out?' it does influence me," says Ryan Mattek, a runner, about the Jawbone UP. "I treat it as a lifestyle tracker, as opposed to a fitness tracker, because I use a lot of its extra features." / PROVIDED

Numbers game.
Fitness trackers can be a big inspiration.

For folks looking to lose a few pounds, celebrity trainer Kira Stokes says fitness trackers can be a huge help, but she also warns that they should support and reinforce a healthy lifestyle — not rule it. "For people who need that extra motivation, they're definitely helpful," Stokes says. "But it's not 100 percent accurate, so you have to take the knowledge that they're giving you with a grain of salt."

Inaccuracies and flaws are part of the game as tech companies of all types try to cash in on the latest fitness craze. FitBit has come under fire after users reported allergic reactions to the material of its FitBit Force wristband, and a 2013 study from the American College of Sports Medicine showed that several tracker models and brands did not accurately measure calories burned in activities like cleaning or standing. Cycling, as well, is not registered by many of the wristband fitness trackers, according to the (relatively scant) research that has been done on the devices.

JULIA FURLAN
julia.furlan@metro.us

Move it

Right rewards

Indiana University found that subjects wearing fitness trackers walked 16 percent more steps than a control group. Seeing one's steps is incentive, but Stokes says it's important not to reward yourself with extra food.

Polar wristband

Polar was the first widely used heart rate monitor, which makes it popular, in particular with athletes already using its apps and online tools. This wristband is also waterproof (as opposed to water-resistant).

Nike+ Fuelband

The Nike+ Fuelband has many features other fitness trackers lack, with a screen that tracks pace, distance, time and calories. For heart rate tracking, athletes must wear the Polar Wearlink+, a chest strap.

FitBit Force

Though some people have reported skin irritations, the FitBit Force has a screen and sleek design, and it allows users to track food consumption with an accompanying app.

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Horoscope

♒ Aquarius | Jan. 21-Feb 18. Avoid having secret affairs or getting sucked into other people's problems. You should work quietly.

♓ Pisces | Feb. 19-March 20. Co-workers may be unusually challenging to deal with today. Don't be naive. Someone you'd never suspect may be after your job.

♈ Aries | March 21-April 20. Travel or educational pursuits will foster romantic opportunities. You will be in the mood to get out and socialize with friends. Mental stimulation will be important to you.

♉ Taurus | April 21-May 21. Minor health problems will arise if you haven't taken the necessary precautions. Do not get involved in joint financial endeavors.

♊ Gemini | May 22-June 20. Travel and romance will go together perfectly. You will enjoy unfamiliar destinations that will further amplify the sentimental mood that is overtaking you.

♋ Cancer | June 21-July 22. Take advantage of any business opportunities that are available to you. You can make professional changes now if you so desire.

♌ Leo | July 23-Aug. 22. Romantic opportunities will develop if you attend a social event. You stand to gain financially by participating in a group venture.

♍ Virgo | Aug. 23-Sept. 22. New love connections will develop through friends or relatives. Completing a home decorating project will yield wonderful results.

♎ Libra | Sept. 23-Oct. 22. Special relationships will evolve through pleasure trips or participating in sports activities. You will feel passionate and be capable of using your charm.

♏ Scorpio | Oct. 23-Nov. 21. Your innovative money-making ideas may well pay off. You will approach your pursuits with creativity. Refrain from overspending.

♐ Sagittarius | Nov. 22-Dec. 21. You may be confounded by your financial state. Avoid spending money. Unanticipated bills may crop up.

♑ Capricorn | Dec. 22-Jan 20. Self-deception may cause problems. Reflect carefully on a situation that you may be misjudging. One-sided infatuations are evident. BERNICE BEDE OSOL

Sudoku: Easy and hard

8		7		4				9
5	4	2						
9			5					6
	1			3	5		7	
4				7				8
	7		8	6			3	
3					9			1
						9	4	2
1				8		7		3

	2	3					7	
1			8			9	5	
		6		5		4		
	4		9	1	8			
		5				7		
			5	7	3		1	
		8		2		1		
	5	2			4			9
	3					5	2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Of programs and pregnancies

Re: 'You're not metal, madam' (Metro, Jan. 28) It might come as a surprise to letter writer Pasquale G. Tato that most pregnant women do not even consider whether or not they "consent" for the baby to be inside them. Mr. Tato, you once were "feed(ing) off (another) person's blood" and were trespassing (my obnoxious claim this time, yours are quoted) inside your mother's womb. Here is where your thinking it lopsided. Pro-lifers believe women are not machines where you can simply terminate the application because of a bad situation or poor timing. Consent is a foregone conclusion by the time of pregnancy; consent occurred at the time of conception. Unless a crime occurred, the mother has given consent. It is you, Pasquale, who believes women are machines, not pro-lifers. KEVIN METZ, VIA EMAIL

Tato seems to think that unborn children are bloodsuckers. Is this the society we live in, where unborn children are the enemies and we can dispose of them as we see fit? I guess we no longer need to be responsible and use protection, but instead get rid of the problem. DELENE PRATT, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

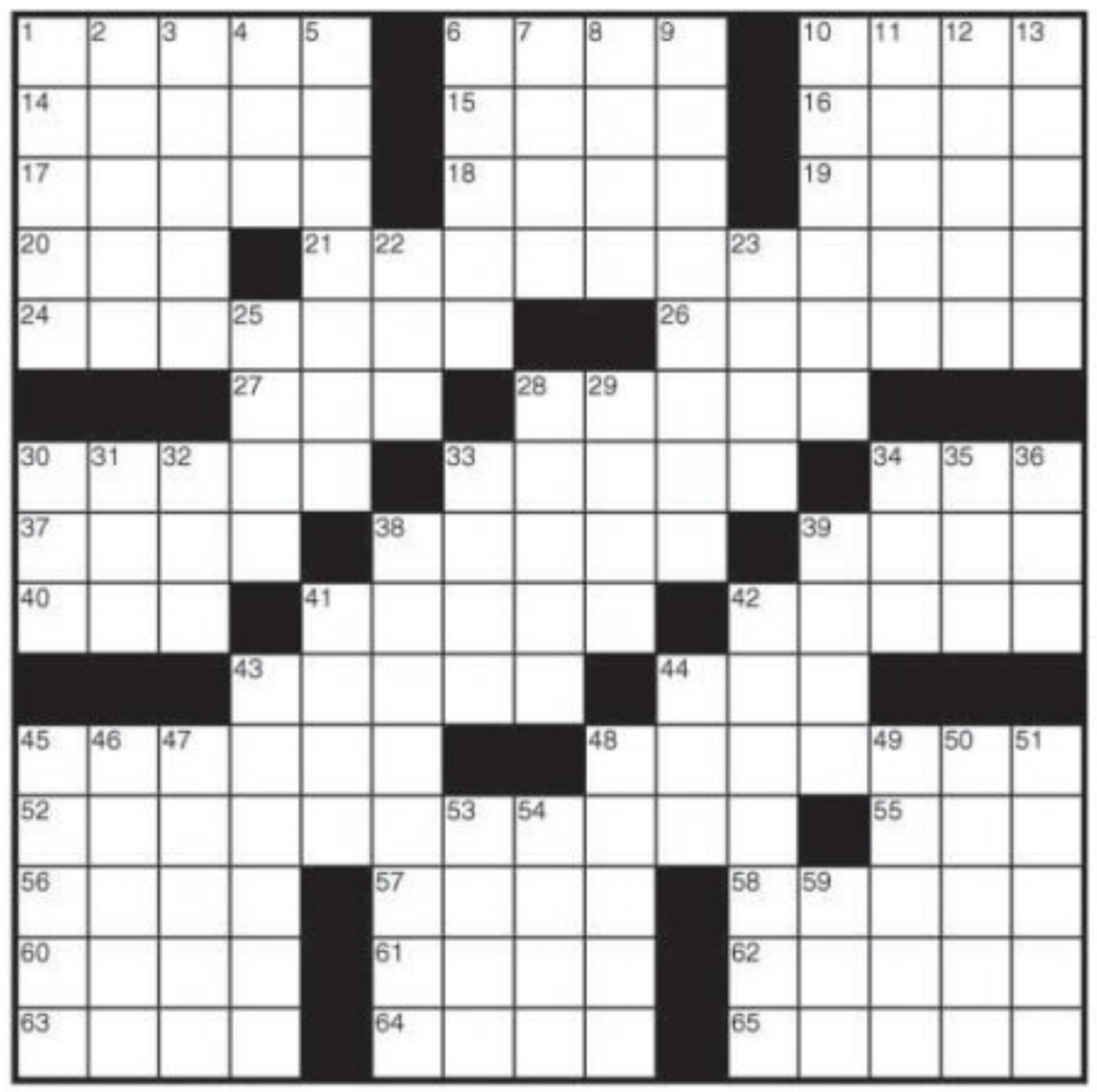
You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

Across
1 Competition
6 Minor dispute
10 Fugue master
14 Degrade
15 Like a rain forest
16 The younger Guthrie
17 J. Paul —
18 Sask. neighbor
19 Herr's refusal
20 Drop— — line
21 Aerobics exercise (2 wds.)
24 Posh hotel lobbies
26 Mall booths
27 Vitamin monitors
28 Tizzies
30 Faux pas
33 Zoologist's study
34 Shaggy beast
37 Grand Ole —
38 Auctioneer's word
39 Pith helmet
40 "Shogun" apparel
41 Carpenter's supply
42 Manhandled
43 Rats on
44 Keystone Konstable
45 Flop down
48 Nullifies
52 Abrupt change (2 wds.)
55 Kind of instinct
56 Go — — smoke
57 Marinate
58 Corporate concern
60 Nave neighbor
61 Roof overhang
62 Seedless orange
63 Changed color
64 Linger
65 Migratory flocks

Down
1 Igneous rock source
2 Red as — —
3 Golden Horde member
4 Iowa hrs.
5 Beatles tune (2 wds.)
6 Closes violently
7 Paper source
8 — spumante
9 Acknowledging
10 Ukulele cousins
11 Zones
12 Make sense
13 Beeps
22 Ms. Thurman of films
23 "Bhagavad —"
25 Doubtful
28 Travels by water
29 They have their orders
30 Slime
31 PD dispatch
32 After Thurs.
33 Thwart a villain
34 "Ouch!"
35 Goodall subject
36 Nanny's charge
38 Suspenders
39 Prerecord
41 Ex-Speaker Gingrich
42 Fixing corn
43 Turned bronze
44 New Zealand parrot
45 Team
46 A little husky?
47 Union demand
48 Enter again
49 Tequila cactus
50 Fast sleds
51 Archaeology find
53 Castle defense
54 Heavy-duty soap brand
59 Daisy — Yokum



Yesterday's answer

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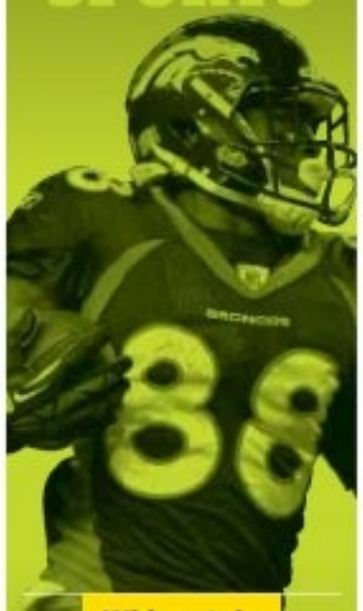
3 SPORTS



Wideouts in

A Bronco WR will be MVP

Peyton Manning has 6/5 odds of winning Super Bowl MVP. That's not a great payout. But his wide receivers, Demaryius Thomas (18-1), Wes Welker (20-1) and Julius Thomas (25-1) are getting great odds. We go with Demaryius Thomas.

Super Bowl bettor's guide

We take a look at some good bets, wacky bets and old favorites to put some money on — recreationally speaking.

EVAN MACY
evan.macy@metro.us

Gambling is all about getting an edge on the house. When it comes to the Super Bowl, as history has proven, an educated or risk-taking gambler has a pretty good chance of winning.

Why? Because anything can happen. In 2012, the odds of a safety occurring in Super Bowl XLVI were 50-1. Last year, it was 8-1. Safeties occurred in back-to-back title games.

In 2013, Las Vegas reported $98.9 million in Super Bowl wagers, but casinos netted just $7.2 million in profit. What does all this mean? A lot of gamblers win when they bet on the Super Bowl.

Broncos (-3)

Historically, favorites are 26-19-2 against the spread in the Super Bowl. And with quarterback Peyton Manning leading the league's most potent offense, even the Seahawks' top-ranked passing defense will struggle to stop the new single-season touchdown and passing yards leader. We go with experience over youth.
The pick: Broncos will cover.

-3

Over/under 47 points

The math here makes this one easy. The Broncos lead the league with just over 36 points scored per game. The Seahawks are eighth at 25.7. Add them together and you get over 60 points. It may not be that high in the end, but you get the gist.
The pick: More than 47 points will be scored.

47

Eli Manning on TV 1.5 times

Peyton Manning is playing for a title in brother Eli's house.
The pick: Eli will be shown a dozen times.

1.5

Renee Fleming wears gloves

There are many National Anthem prop bets, like over/under 2:25 for the length of the anthem, but with temperatures near freezing, it is a safe wager opera singer Renee Fleming will have gloves on her hands.
The pick: Bundle up.

2:25

A scoreless quarter

The Seahawks have one of the top-rated defenses, and both teams must deal with the frigid conditions. We're going with the over and a scoreless quarter; it's not counterintuitive.
The pick: There will be a scoreless quarter.

+225

Woods will birdie less than Thomas catches

Tiger Woods has won the Omega Dubai Desert Classic twice, but is struggling and must shoot a 66 Sunday to match Demaryius Thomas's six catches per game this season.
The pick: Thomas has more.

6

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Snow or not, MetLife Stadium will be pretty cold for Super Bowl XLVIII on Sunday night. / GETTY IMAGES

Weather update

Super Bowl forecast looks good

Despite two major snowstorms in the tri-state area in the last month, football fans can rest easy.

Early forecasts show the first cold-weather Super Bowl likely won't be hampered by the elements on Sunday.

Though a warm front poses a chance of rain and snow Saturday, the Weather Channel expects mostly clear skies before the big game, with a high of 41 degrees Sunday. By kickoff, temperatures will likely drop to the 30s and may fall to the upper 20s later in the game. No rain or snow is expected during the Super Bowl. ANNA SANDERS

Cold means more than just gloves

NFL. Chill in the air at Sunday's Super Bowl won't only cause fans to shiver.

A cold-weather Super Bowl will mean erratic throws from quarterbacks and more slipping and sliding. It will even impact players' hearing on the field.

By the time the Super Bowl kicks off Sunday night at MetLife Stadium, the weather pattern for the evening will be dissected every way imaginable. But while it will be cold and uncomfortable in what will likely be the coldest ever Super Bowl, the impact is much more than long johns for fans and gloves for the quarterbacks. The weather and the cold will have a direct impact on the game, even if it isn't snowing.

Dr. Eric Goff, professor of physics at Lynchburg College, said cold weather and not just possible snow could impact how the game is played. He said with a Miami Super Bowl likely registering a temperature of 75 degrees and a north Jersey game in the mid-30s, there will be an impact in air drag that will affect the game.

"Because air density is inversely proportional to temperature — you must measure temperature in kelvin for this calculation — quarterbacks and kickers will face about 8 percent more air drag in East Rutherford, [N.J.], compared to Miami."

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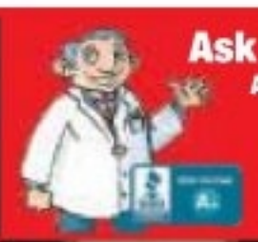

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Eagles family mourns

Former Eagles GM Gamble passes away

One time Eagles General Manager Harry Gamble passed away Tuesday at the age of 83.

Gamble served as Eagles team president from 1986-1994 after working his way up through the organization from his first position as a volunteer assistant under Dick Vermeil in 1981.

"On behalf of the Philadelphia Eagles, we were saddened to learn of the passing of Harry Gamble today," current Eagles chairman Jeffrey Lurie said in a press release. "Harry is a legendary football figure in the city of Philadelphia and South Jersey. He was an excellent football coach, executive and philanthropist, but he will be remembered most for his warm personality, his strong character and his love for his family. He will be sorely missed."

Gamble attended Temple University and had coaching stints at UPenn and Lafayette.

METRO

Former Temple star Knighton a leader in Denver

NFL. The one-time Owls nose tackle is a key member of the Broncos defense.

Former Temple football nose tackle Terrance Knighton could be the second straight Owl to win a Super Bowl title. / GETTY IMAGES

It seems like every year a Temple alum is in the Super Bowl.

Last year, it was running back Bernard Pierce hoisting the Lombardi Trophy with the Baltimore Ravens. And back in 2006, it was Raheem Brock who was triumphant alongside quarterback Peyton Manning in Super Bowl XLI.

And this year, Terrance Knighton, who helps anchor the Denver Broncos defense, will again represent Philadelphia on sports' biggest stage.

The 2009 third-round draft pick by the Jaguars plays nose tackle for the Broncos and has learned that being in the middle of the action demands leadership.

"Well I think that's naturally going to happen," Knighton told reporters early this week. "I feel like I'm a natural leader; I think wherever I am, people just gravitate toward me — and with that it requires a responsibility to help other guys and bring them along."

Knighton started his career at Windsor High School in Connecticut, a Patriots fan, and at Temple helped Al Golden usher in an era of success new to Philadelphia college sports fans.

"At Temple also, and then Jacksonville," Knighton said, "I never asked for a leadership role, it just happened that way."

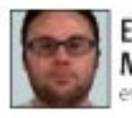
The New England native ironically had to face his family after taking care of business against Tom Brady and the Patriots in the AFC Championship game.

"The only thing they were saying was, 'Just don't hurt [Tom] Brady,'" Knighton said. "That's all they kept saying to me. So that happened that we won and I'm in the Super Bowl. They were just worried about Tom Brady's longevity."

Quoted

"I feel like I'm a natural leader; I think wherever I am, people just gravitate toward me."

Knighton



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NBA power rankings | by James Toscano

No. 1

GETTY IMAGES

Pacers (34-9)

The Pacers have allowed 100-plus points in their last three games, which is uncharacteristic of them. But the fact that it's news says a lot about how strong they've been defensively all season long.

No. 2

Thunder (36-10)

Make it 11 straight 30-point games for Kevin Durant, who will try to make it 12 in Miami on Wednesday night. LeBron, do something about it!

No. 3

Blazers (33-12)

The Blazers have fielded the same starting five for all 45 of their games this season. That's remarkable given all of the major NBA injuries this season.

No. 4

Heat (32-12)

After missing four games with sore knees, Dwyane Wade returned in a win over the Spurs. The playoffs are a lock. They just need Wade healthy in May.

No. 5

Clippers (32-15)

The Clips finished 5-2 on their seven-game road trip. They've certainly gotten by without Chris Paul better than many expected.

No. 6

Rockets (29-17)

Dwight Howard won't start in the All-Star Game since the NBA combined centers with forwards in the voting process. But starting in the Finals is his main goal now.

No. 7

Spurs (33-11)

The narrative about the Spurs not being able to beat top teams is painfully true. They fell to the Thunder at home last week and to the Heat in Miami on Sunday.

No. 8

Warriors (27-18)

After a tough loss to Minnesota, the Warriors put on their Sunday best and crushed the Blazers, 103-88. Stephen Curry scored 38 in the win.

No. 9

Grizzlies (22-20)

The Griz have won seven of their last eight games, including back-to-back wins over the Rockets. They've certainly become a team that should scare people in the playoffs.

No. 10

Hawks (23-21)

The Hawks are the latest victim of Kevin Durant's jumper. Ain't no shame in that. Atlanta should be happy it avoided a serious Jeff Teague injury, though.

No. 11

Mavericks (26-20)

Memphis is already ahead of the Mavs in our power rankings and now they're coming for them in the official standings, as well.

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WINNIE WILLIAMS	UNIT# 1219	HOUSEHOLD GOODS	ANTHONY Z. KRAMER	UNIT# 2142	HOUSEHOLD GOODS
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DARRIA L. BROWN	UNIT# 0166	HOUSEHOLD GOODS	JAMMEL ABDULLAH	UNIT# 4096	HOUSEHOLD GOODS
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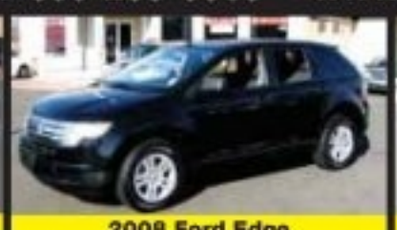
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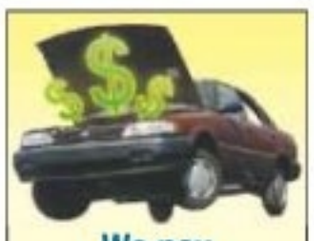

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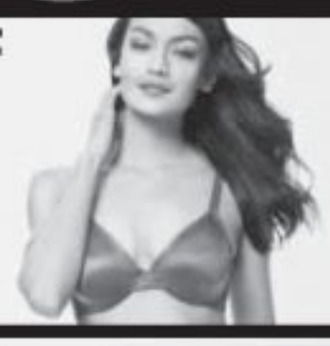

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